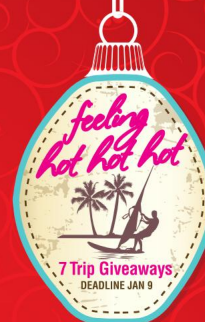


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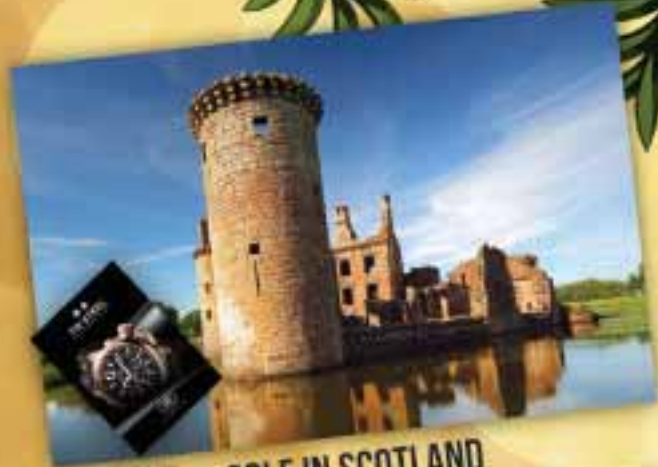
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'RANDOM FACT OF THE DAY': TEMP CANNED

SHANNON DEALS WITH FIRING — OVER 'SECRET PLAN' — WITH GRAPE POPSICLES AND KATE WINSLET DVD MARATHON WHEN A KNOCK COMES AT THE DOOR **PAGE 8**



About that contract ... ignore it?: Mayor to cops

Officers challenged to take pay cut to show solidarity with public workers **PAGE 3**

Well hello, London: Old Man Winter

Snowmaggdon? Not really. But the Forest City is still digging itself out after 30 cm snowfall **PAGES 4 & 5**

Awww ... Mommy's little bigot. So sweet

'I think babies are natural-born bigots', researcher says when discussing his new book, Just Babies: The Origins of Good and Evil **PAGE 12**



A CUP OF RIDER PRIDE

Saskatchewan Roughriders quarterback Darian Durant hoists the Grey Cup after beating the Hamilton Tiger-Cats in the Grey Cup on Sunday in Regina. For coverage, see page 15.

RYAN REMIORZ/THE CANADIAN PRESS

Women want to make their voices heard

'Gender lens.'
New group targets municipal election, wants women to join in

They may make up about half the population, but women don't have the voice they deserve.

That's what a new London group, Women in Politics, is saying. And its members are out to redress the balance, encouraging more women to get involved.

Starting as an offshoot of the engagement group Pints and Politics, they've already had one meeting and are looking ahead to next year's municipal election. So if you're a politician,

get ready to be scrutinized through a "gender lens."

"We're going into an election, but how many women are going to run?" asked Women in Politics coordinator Shawna Lewkowicz. "We're looking for women to step forward and be engaged."

Just weeks ago, the United Nations said that 30 per cent of candidates need to be women before their views can be represented properly. London already has five female council members out of 15, but the London group wants to keep it that way — and improve the figure.

There are three goals. They want to increase the representation of women during and after elections, but also their participation in politics at all levels, including behind the scenes on

campaigns. There's also a need to make political issues more accessible to women.

That's where Lewkowicz's "gender lens" idea comes in. Political issues will be examined from a female point of view. For example, take transport. Lewkowicz said the debate doesn't always emphasize women's needs, like access at the right times, space for strollers or safety late at night.

Women in Politics is planning meetings with female politicians as guest speakers, visits to campaigns and to city hall and a "citizen kit" which explains issues and how to have a say. If you want to get involved, look for the Twitter hashtag #fempoliLDN or email Lewkowicz at shawna@lewkowitz.com. **MIKE DONACHIE/METRO**

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City hall

Garbage chief ready to talk trash with Londoners

It's a big day for garbage in London Monday, with a report to go before the city's civic works committee, as city recycling and garbage chief Jay Stanford is to present Road Map 2.0 to councillors.

He's looking for their approval to take public the big report, which contains London's way ahead for garbage collection and how much can be recycled.

If approved, it could mean vegetable oil and motor oil can be collected at city depots in the future. There could even be a start of recycling disposable coffee cups.

But it all depends on what councillors — and the public — think. Consultation with Londoners would be the next step. **METRO**

Crime

Police seek info on hardware store theft suspect

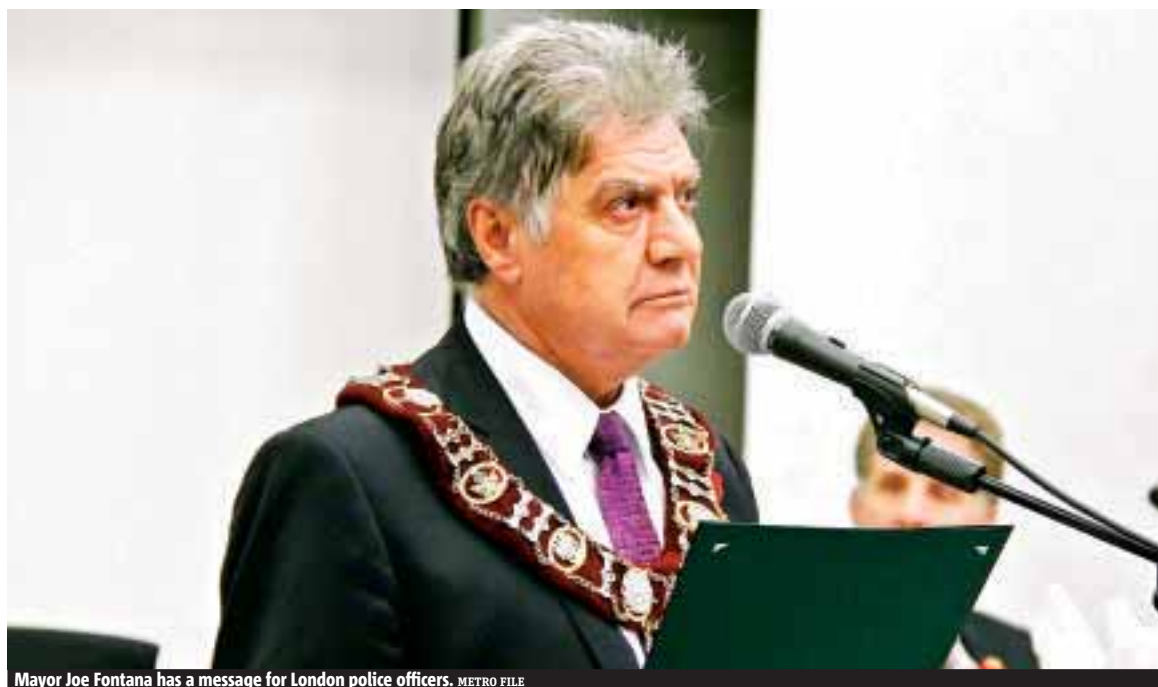
Cops are looking for a man who has been targeting hardware stores in London.

Between Oct. 29 and Nov. 9, three thefts were reported from two stores, and police are asking the public to help ID the suspect.

In all three, a male entered the store and left without paying for items. There was no violence in any of the incidents.

The suspect is described as Caucasian, approximately six feet tall, 200 pounds, wearing a grey hoodie, blue jeans, white running shoes and a beige baseball cap.

Anyone with info is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS. **METRO**



Mayor Joe Fontana has a message for London police officers. METRO FILE

Fontana asks cops to ignore contract

Budget. Mayor challenges officers to take a pay cut to show solidarity with public workers affected by economic slowdown



SCOTT TAYLOR
scott.taylor@metronews.ca

Signed, sealed and delivered? Not if you're Mayor Joe Fontana. Friday, he publicly challenged the rank and file of the London Police Service to ignore the contract their union signed with the City three years ago and take a pay cut of

half of one per cent.

He said doing so would make a positive impact on the City's budget and would "show Londoners that their police officers understand how the economy slowdown has affected all residents."

The current contract runs for about another year.

"Other public service sectors have had to pull back on wages and I'm asking our police officers to think about doing the same — for half of one percent," he said in the release.

"Teachers, health-care workers and city employees have all had their wages affected by the challenges of slimmer budgets and the need to hold the line."

The Police Services Board

Thursday agreed to an increase of just under \$3 million for the 2014 budget, almost all of which is based on personnel costs.

They also agreed to use more than half a million dollars from the reserve fund to maintain current levels of service, a first on the force.

Fontana's challenge irked London Police Association president Rick Robson, who was blindsided by the announcement.

"My first thought is that it's a bit unfair to throw that out to the media without having a conversation with the parties involved first," he said. "It strikes me as posturing."

Robson noted that Fontana and the 14 city councillors

voted themselves raises last April.

"When they were considering compensation, they looked around at other municipalities to see what comparable cities were doing. If you look at our agreement in terms of salary dollars, it's less than most comparables. The London Police Service continues to be one of the most economical police services in the large municipalities of Ontario."

Robson said Fontana's volley starts the next round of bargaining off on the wrong foot, but added that he would be ready to get creative to knock salaries down a peg — as long as his members are compensated for some of the extra work they do for free now.

New funding announced for LIHC

The London Intercommunity Health Centre (LIHC) will be able to hire one more youth outreach worker, thanks to new funding from the Ontario government.

Health Minister Deb Matthews shot some hoops with London Lightning star Gabe Freeman while joining students at Clarke Road Secondary School as she made the announcement Friday.

LIHC is now able to em-

ploy five outreach workers serving youth in the Argyle and East London neighbourhoods.

Since 2007, the Youth Outreach Worker (YOW) program at LIHC has helped thousands of young people in the Northeast London area.

"It's so important that our young people have strong mentorships to help them make more positive

choices," said Matthews in a release. "This new worker will be able to reach out to more youth in our community and give them the tools they need to be the best they can be."

The YOW program supports young people by meeting them where they live and socialize and provides mentorship and guidance in a non-judgmental way.

SCOTT TAYLOR/METRO



Health Minister Deb Matthews shares a smile with Lightning star Gabe Freeman Friday in London. CONTRIBUTED

St. Thomas

2 men charged in grow-op bust

Two St. Thomas men face charges after police dismantled what they describe as a large-scale marijuana grow-op Thursday at two addresses near Arthur Voaden Secondary School. Keith White, 37, and David Clark, 44, were charged and appeared in court Friday morning for a bail hearing.

SCOTT TAYLOR/METRO



1



2 Snowfall

First taste. Londoners dig themselves out of weekend whiteout before enjoying the cold

MARK SPOWART
london@metronews.ca

It wasn't quite Snowmageddon, but for a while it looked like it.

Londoners spent most of Sunday first digging out then playing in the more than 30 centimetres of snow Mother

Nature dropped on the city over the weekend.

Environment Canada had snow-squall watches issued for the region on Saturday, warning of lake-effect bands of snow moving into the area.

A similar weather system blanketed London in more than 90 cm of snow back in 2011. That storm resulted in the city essentially shutting down for two days.

While this system did not result in the same accumulations as then, it did make getting around the city a little more challenging, and was likely a contributing factor in

1 Snow-covered stroll.

Two women walk down a street in the city's north end.

ALL PHOTOS BY MARK SPOWART/FOR METRO

2 Making the most of it.

Reverie Hansen and her father Ken Davies emerge covered in snow after a toboggan run at Doidge Park in north London.

3 Winter Wonderland.

A snow plow makes its way up Wonderland Road just north of Springbank Drive early Sunday morning. The city said it had all of its 62 plows, 25 salter combination trucks and additional equipment it had called in on the road from midnight.



3

Dangerous drive. Woman dies in London car crash

Snow and road conditions in north London Saturday afternoon may have been a contributing factor in a three car collision that resulted in the death of one person.

"On Saturday, November 23, 2013, at approximately 3:45 p.m., police responded to a motor vehicle collision involving three vehicles at the area of Hyde Park Road and Sunningdale Road," London Police said in a release, adding "there were nine occupants in total, two with minor injuries and un-

fortunately one occupant who has died."

Police said the deceased was a 42-year-old woman, but further details were not released pending further investigation and notice of next of kin.

London Police are asking anyone with information of accident to call them at 519-661-5670 or at Crime Stoppers at 1-800-222-8477. Information can also be submitted online anonymously at www.london-crimestoppers.com.

MARK SPOWART/FOR METRO



blankets city

More to come

30cm

London was hit by more than 30 centimetres of snow over the weekend.

two separate fatalities.

"The first major snowfall of the season has clogged some city streets and residents are being encouraged to stay off the roads if at all possible," was the message coming from city hall just after 8:30 a.m. Sunday morning.

Less than two hours later the city advised Londoners "numerous streets are impassable and vehicles are becoming stuck on roads and in intersections. Crews have been working through the night and additional contractors have been called in to assist with snow removal."

As updates continued many residents began their day with shovels in hand.

Evelyn McLean, a third-year MIT student at Western University, started her day shovelling her sidewalk, but not before helping a friend.

"I spent about an hour

shoveling a friend's and now am working on mine," said McLean, who is from Oakville, Ontario.

Tobogganing hills in the city started to see more activity as the day progressed.

At Doidge Park in north London, Ken Davies and his daughter Reverie Hansen made several runs, each time getting buried in fluffy snow by the end.

Environment Canada is still calling for more snow to hit the region all week, with accumulations ranging from one to four centimetres Monday to Thursday.



4



5

4 Lending a shovel.

Evelyn McLean, a third-year MIT student at Western University, works at clearing the sidewalk in front of her house. McLean spent an hour shovelling out a neighbour's drive before tackling her own place.

5 Walk in the park.

A lone person walks through a snow-covered Victoria Park on Sunday.

6 Putting the city to work.

A snowplow turns onto Richmond Street, north of Oxford Street, as city employees worked around the clock clearing streets and sidewalks.

6

Ontario's 'chemical valley.' First Nations exposed to pollutants

A new study is drawing attention to the health problems being faced by a First Nations community living near one of Canada's most industrialized areas.

Members of the Aamjiwnaang First Nation living on a reserve near Sarnia have long suspected harmful chemicals were behind an unusually low male birth rate and slew of other reported health issues.

Now, tests performed by a McGill University professor suggest mothers and children are being exposed to higher-than-average levels of harmful hormone-blocking pollutants.

While the study doesn't prove that the pollutants are to blame for earlier research that found baby girls outnumbered boys by a two-to-one ratio in the community, it does suggest a possible link.

The reserve at the centre of the study is located near a patch of southern Ontario that some environmental activists call "chemical valley."

There are 60 industrial facilities found within a 25 kilometre radius of Aamjiwnaang lands.

"It's the first study to really show that mothers and chil-

Health problems

A 2006 community survey by Aamjiwnaang's environment committee cited a number of health issues, including miscarriages, chronic headaches and asthma.

- Forty per cent of band members surveyed required an inhaler.

dren in the area are exposed to a number of pollutants," said Niladri Basu, a McGill professor and the study's lead author.

More detailed research is needed to establish a connection between pollutants, health risks and the surrounding environment, Basu said.

Residents of Aamjiwnaang have been calling for such a study for years, though a lack of funding continues to impede more detailed research.

Ada Lockridge, who helped found Aamjiwnaang's environmental committee, said pollution is a fact of life for the reserve's roughly 800 residents.

THE CANADIAN PRESS

Blocking the bomb: Iran nuclear deal reached

The deal. A White House statement said it limits Iran's existing stockpiles of enriched uranium, which can be turned into the fissile core of nuclear arms

Ottawa not convinced

The Canadian government was "deeply skeptical" on Sunday of Iran's agreement to temporarily freeze its nuclear program.

- Foreign Affairs Minister John Baird said Ottawa's sanctions against the regime would remain firmly in place until the new deal's words turned into actions.

Iran struck a historic deal Sunday with the United States and five other world powers, agreeing to a temporary freeze of its nuclear program in the most significant agreement between Washington and Tehran in more than three decades of estrangement.

Iranian President Hassan Rouhani endorsed the agreement, which commits Iran to curb its nuclear activities for six months in exchange for limited and gradual sanctions relief, including access to \$4.2 billion from oil sales. The six-month period will give diplomats time to negotiate a more sweeping agreement.

The package includes freezing Iran's ability to enrich uranium at a maximum

five per cent level, which is well below the threshold for weapons-grade material and is aimed at easing Western concerns that Tehran could one day seek nuclear arms.

Obama hailed the pact's provisions, which include curbs on Iran's enrichment and other projects that could be used to make nuclear arms, as key to preventing Iran from becoming a nuclear threat.

"Simply put, they cut off Iran's most likely paths to a bomb," he told reporters in Washington.

THE ASSOCIATED PRESS



In this photo released by the official website of the office of the Iranian Presidency, Iran's President Hassan Rouhani kisses the head of Armita, daughter of Iranian scientific researcher Darioush Rezaeinejad, who was assassinated in July 2011, during a news briefing at the Presidency compound in Tehran on Sunday after Iran and world powers came to an agreement over its nuclear program. THE ASSOCIATED PRESS

Mapping the F-word on Twitter

It gets dropped without warning and can strike anywhere in the world, laying waste to rational arguments and leaving a trail of offended sensibilities in its wake.

But the linguistic threats posed by the F-bomb on Twitter pale in comparison to its entertainment value, according to a Canadian computer science student who has made it his mission to track the global prevalence of this word-based weapon on the social networking site.

Martin Gingras's fascination with the popular profanity prompted him to create fbomb.co, a website that tracks the use of the word in real time.

By combining features from two of the web's most widely used applications — Google Maps and Twitter — the site allows readers to observe where

A young Emily Post?

Martin Gingras said his personal distaste for swearing may have given his otherwise light-hearted venture a bit of an agenda after all.

- "It's more of an entertainment thing, but once people are on it, hopefully they read through a couple and realize how ridiculous it sounds."

in the world F-bombs are falling and in exactly what context they are being used.

Gingras said the impetus for the site came from a lunchtime conversation with a few friends, all of whom were lamenting the effect profanity could have on rational conversation. THE CANADIAN PRESS



Learning from wise old owls

Inspired by a collection of Canadian owl feathers, an international team of engineers is studying the nocturnal birds of prey, hoping the mysteries of their stealthy flight might lead to improvements in the design of everything from aircraft to submarines. THE CANADIAN PRESS

New frontier. U.S. warship boldly using electric propulsion for first time

Captain Kirk's futuristic-looking vessel sports cutting-edge technology, new propulsion and powerful armaments, but this ship isn't the Starship Enterprise.

The skipper of the stealthy Zumwalt is Navy Capt. James Kirk, and yes, he's used to the jokes about the name he shares with the TV starship commander played by actor William Shatner.

Kirk takes it in stride. While it's no starship, the technology-laden Zumwalt taking shape at Maine's Bath



The Zumwalt destroyer moored in Maine. THE ASSOCIATED PRESS FILE

Iron Works is unlike any other U.S. warship. It's the first U.S. surface warship to use electric propulsion, and its power plant is capable of producing enough electricity to light up a small city. THE ASSOCIATED PRESS

Canada's seal hunt

WTO to rule on seal products

Advocates for and against Canada's commercial seal hunt will be watching Monday as the World Trade Organization rules on the EU's ban on imported seal products. THE CANADIAN PRESS

Random biz fact of the day

16

On average, job seekers use 16 different sources when searching for a job.

CAREERBUILDER

Job Hunting Tip: Book your interviews for after November 30th.

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*"Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 16

metronews.ca/temp

Worker satisfaction

Maybe we don't have it so bad

Canada has some of the most satisfied workers compared to the rest of the world, according to a recent survey by Monster.ca.

Canada tops the chart with 64 per cent of workers saying they love or like their job, followed by the Netherlands (57 per cent), India (55), the United States (53) and the United Kingdom (46).

PHOEBE HO/FOR METRO



ISTOCK

Skill acquisition

Ready and willing to learn

Canadian workers are willing to learn a new skill set to open up opportunities, according to Hays Canada's What People Want 2013 survey, with 88 per cent saying they are either planning to or will consider acquiring new skills to take advantage of shortages in other industries.

PHOEBE HO/FOR METRO

Temp Gets Fired!

Here's the thing: I've been fired before and couldn't have cared less, but getting fired from TWK stung.

"You let yourself get attached, Shanny," said my sister Amy. "The No. 1 law of temping: Never bond." She was helping me self-medicate with grape popsicles and a Kate Winslet DVD marathon. I was in pajamas at four in the afternoon and my life had devolved into the third panel of a Cathy cartoon where she stares into the void and emotionally implodes. "The only reason anyone hires anyone is to help them make money. The moment you can't do that, they'll chew your face off and toss the remains into a dumpster."

"That's not true. I liked it at TWK."

"Have you tried calling Mr. Shoeman?"

"He's on an energy retreat in the countryside."

"China has a countryside?"

"You're right. He's probably at World Extreme Cageboxing."

"What about Kyle?"

"He showed up to take Sarah to lunch just as I was leaving. I couldn't talk to him. God only knows what Sarah told him about me."

"Shannon, how do you think Kate Winslet manages to always lose weight?" Amy's attention span is limited. Discussion of my temping was over.

The doorbell rang. I live in a basement suite and it's not the easiest place to find, so for someone to locate me takes work. I opened the door: It was Sarah No. 1, so I closed the door, but she started banging on it. "Let me in! Shannon, I was hor-

rible! I deserve this! Let me explain!"

I opened the door. "Explain what?"

"I just got fired."

"So what? I'm waiting for whatever it is you're going to explain."

"Let me come in?"

"Oh God. All right. Shoes off. Would you like a grape popsicle?"

She came into the TV area and I introduced her to Amy. "We're having a Kate Winslet marathon." Amy hit pause.

Sarah looked at the frozen frame. "How does that woman always manage to lose weight so regularly?"

"Excuse me, Sarah — my explanation?"

"There is no explanation. I came here because I couldn't think of anyone else to visit. I have no friends. They all got married and this would just make them happy about their decision to do so."

"So you came to me because I'm a failure and won't judge you harshly?"

"To be honest, sort of. Yeah. You seem like your head's screwed on right. I like the way

"I like the way you never took crap from anyone at TWK — and your 'random fact of the day' was always funny."

you never took crap from anyone at TWK — and your 'random fact of the day' was always funny. And yesterday I got to see the human side of you."

"I'm deeply flattered." The three of us sat there in silence and then I figured it out: "Wait — you just want to know what my secret plan is so that you can get in on it."

"Well, yeahhhh!"

I paused a second. "OK."

TO BE CONTINUED...



Random biz fact of the day

47%

Almost half of recruiters say candidate compensation increased from 2011 to 2012.

SOURCE: WORKOPOLIS

iamtemp



WE HEART IT/TUMBLR

TEMP iz on Tumblr

Follow iamtemp on Tumblr for random musings on all things TEMP, from zombie pandas and choose-your-own surf & turf to Ron Swanson lunchables, raccoon dance parties and Lego doctors battling the NoroVirus (in German, of course). Plus, find sneak peeks of future episodes of TEMP. Check it out at iamtemp.tumblr.com.

Random fact of the day

What a buzz kill.

- Elephants use skin folds on their backs to crush mosquitos. SOURCE: PICSTACHE.COM



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PROPOSED BILL SPELLS DEMOCRACY

There's a chance Toronto Mayor Rob Ford's troubles could lead to more than just laughs enjoyed by viewers of late-night talk shows. If Conservative MPP Randy Hillier has his way, the whole Ford fiasco could bring real change in the way politicians are held to account by the public.

Hillier, the MPP from Lanark-Frontenac-Lennox and Addington, proposed a private member's bill back on Oct. 30 that would give voters in Ontario the option to recall and replace their MPP. But in light of all things Ford, Hillier now wants Premier Kathleen Wynne to fast-track the bill — with an amendment to include municipal politicians.

"The controversy that's going on right now in Toronto gives us an opportunity to actually have a good and proper discourse about what mechanisms ought there to be for people to deal with this," Hillier said last week.

For his part, Ford has shown no desire to step away. Londoners



URBAN COMPASS
Todd Devlin
london@metronews.ca

— albeit on a different scale — can certainly relate. Mayor Joe Fontana had no interest in stepping down last year despite calls from the public for him to do just that. The RCMP laid fraud charges on Fontana after a report surfaced alleging he had used taxpayer dollars to cover a \$1,700 deposit for his son's wedding in 2005. Yet, there was nothing either London City Council or the public could do about it.

In fact, there are no mechanisms in Ontario for removing misbehaving mayors unless they're convicted and jailed of a criminal offence or if they miss three months of meetings without permission from council.

That seems just plain wrong. There are plenty of scenarios — a crack-smoking mayor being among them — that should give the public the opportunity to recall an elected official they deem unfit to serve. Currently, in both the Ford and Fontana cases, the public has no choice but to wait for

the justice system to take its course. And that often happens at a snail's pace.

Hillier's bill provides another option, and it's one that appears to be fairly well-thought-out. Under the proposed bill, voters could recall an elected politician (and force a byelection) with a petition consisting of signatures (collected within a 60-day period) from at least 25 per cent of the people who voted in the previous election.

There are certainly drawbacks to the proposed legislation, including the high costs (shouldered by the taxpayer) associated with subsequent byelections. Meanwhile, the threat of recall could hold politicians hostage and affect their decisions on tough bills.

But something needs to be done to avoid sideshows like last week's Toronto city council meeting, in which council members stripped Mayor Ford of many of his powers. Ford called the process undemocratic, and that may be the most ludicrous thing he's said in months.

I say take it to the public.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

High alert for Mount Sinabung



DEDY ZULKIFLI/THE ASSOCIATED PRESS

Indonesian volcano repeatedly erupts

Mount Sinabung spewed volcanic material as seen from Karo, North Sumatra, Indonesia, on Sunday. Indonesian authorities raised the alert status for one of the country's most active volcanoes to the highest level after the mountain repeatedly sent hot clouds of gas down its slope following a series of eruptions in recent days. **THE ASSOCIATED PRESS**

How high?

2,600m

The 2,600-metre-high mountain has sporadically erupted since September after being dormant for three years. Mount Sinabung unleashed fresh volcanic ash and gravel as high as 5,000 metres and searing gas down its slope up to two kilometres, said a government volcanologist, Surono, who like many Indonesians uses one name.

Villages evacuated amidst ash, smoke

About 12,300 evacuees from eight villages around the mountain were packed Sunday in crowded government camps away from the fiery crater, while more than 6,000 others fled earlier to temporary shelters in 16 safe locations, said National Disaster Mitigation spokesman Sutopo Purwo Nugroho.

The volcano's last

eruption, in August 2010, killed two people and forced 30,000 others to flee. It caught many scientists off guard because it had been quiet for four centuries.

Mount Sinabung is among around 129 active volcanoes in Indonesia, which is prone to seismic upheaval due to its location on the Pacific Ring of Fire, an arc of volcanoes and fault lines encircling the Pacific Basin.

THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Nearly a month after Instagram opened its virtual doors to paid advertising, sponsored posts have likely been popping up in your feed. Not that brands weren't welcome before, but pre-monetized Instagram, brands were treated the same as any other shmoe posting filtered pics. Now, with cash pushing photos through your feed, here's a look at some brands making their way into your screen:



MICHAEL KORS/INSTAGRAM

Michael Kors:

Posted three weeks ago, Michael Kors was one of the first brands to take advantage of the new setup. Using #MK-Timeless, their 'pampered in Paris' post (pictured) has been liked 230,000 times. While many Instagrammers were not so pleased with pampered in Paris, the brand did gain between 33,000 and 34,000 new followers in 18 hours. #StreisandEffect?

General Electric:

I know, I know jet engines hardly seem

the type to get all filtered up and passed around. But the Boeing's #GE90 pic was liked 59,000 times. Jets, who knew?

Burberry:

Though they've been posting since the early days of Instagram, rumour has it, they're now using sponsored content (disclosure: I have not seen it yet). While I can say with certainty I'm not Burberry's target market, I have to admit their photo stream is creative (and pretty).

Twitter



really is all about context

@metropicks asked: **Where in the world is the F-bomb dropping?** One Ottawa student tracks its use at fbomb.co. When do you tweet profanity?

@robin_writing: this is pretty cool- it

@thatguy666: reminds me of http://alotsafari.com/ just using another word.

Follow @metropicks and take part in our daily poll.

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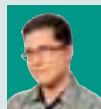
Ebooks



The Things They Carried

By. Tim O'Brien

Audible.com



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Produced by Tom Hanks, this collection of Vietnam war stories explores the personal artifacts and memories carried by soldiers as coping strategies, superstitions and habits of endurance. Bryan Cranston (Breaking Bad) narrates, capturing with perfect attitude a cast of voices gruff with uncertainty, panicked by youth and haunted by loss. These are personal journeys, unexpected and masterfully told.

Box office

Money to burn

The Hunger Games sequel *Catching Fire* opened with \$161.1 million at the box office, narrowly besting the original film and setting a record for a November opening. The result, from studio estimates Sunday failed to dethrone the year's biggest box-office opening of \$174 million for *Iron Man 3*. But it did best the previous top November opening of \$142.9 million by *Twilight Saga: New Moon*. **THE ASSOCIATED PRESS**

Winona Ryder stars in *Homefront*, which opens Wednesday. CONTRIBUTED

Ryder on the Homefront

Arm candy role. Actress talks Lou Reed and being a biker chick in her latest film

NED
EHRBAR
Metro World News in Hollywood

Sure, Winona Ryder has a movie to promote — the Jason Statham-starring *Homefront* — but she'd much rather talk about Lou Reed, if that's OK. "I was supposed to see it (*Homefront*), but then Lou Reed died and I had to go to his memorial. And you know, I just haven't been able to. But I usually see something before talking about it," Ryder says with a laugh. "And it's also my first 'this' kind of movie."

The movie she speaks of is about a former drug enforcement agent who moves to a

seemingly-idyllic town with an underbelly of drugs and violence. But before discussing the flick, Ryder has some things to say about Reed.

I've heard (Lou Reed) was one of the toughest people to interview.

Ethan Hawke — who worshiped him — met him somewhere and they were somehow exchanging numbers. Ethan was giving him his number and it was a 917 (a New York area code) number — it was right when (those were new) — and he said Lou was like, "What?" Like he was too cool for the new area code. Ethan was mortified, but it was kind of like, "He's Lou Reed. He can think that that's not cool."

You mentioned this is your first of "one of these kinds of movies." What was behind the decision?

Well, part of it was that I'd never done anything like this. I was kind of surprised they offered it to me. It kind of read like arm candy — which was kind of appealing to me. "Eh, I'm just a biker chick, arm candy in one of these movies. I've never done that, it could be fun!" And then also just honestly a big pull was James (Franco) because we're friends. I was like, "Are you really going to do this *Homefront* thing?"

You do come off as more interesting than just arm candy.

Oh good. It's just, there's not a lot of logic in these movies. It was an experience. I don't know if I'll do another thing like that. I did a thing right after that was like the opposite, this really great David Hare thing got Christopher Walken and Bill Nighy and Ralph Fiennes, and it's about the bringing down of Tony Blair.

Old becomes new

Winona Ryder figures she's hitting that age where everything old becomes new again. In 1994, she played Jo March in the film adaptation of Louisa May Alcott's novel *Little Women* and she was surprised to learn that Hollywood is going to revisit the material once again in a new film version. "I saw Christian Bale (who plays Laurie in the 1994 version) and I was like, 'Hey, what the hell?' It's just weird when they're redoing your (old stuff)."

It's all words and brilliant and about detention centres being built and money-laundering. So to go from this to that, it's kind of like that thing where I'm glad that I'm older because I would hate to be the ingenue now. It just seems like it would be tough these days.

Allison Janney is more than just a Mom

Gifted and gracious. Actress adds another role to her repertoire in new Chuck Lorre sitcom

Allison Janney extends the maxim that the best actors can entertain simply by reading a phone book. She manages with commercials.

Her voice is warm and burnished with compassion on radio and TV voiceover spots for a health-care provider,

possibly the most melodic soft-sell ever.

Then there's her real craft. Consider, for instance, her sharp, take-no-prisoners delivery as C.J. Gregg in *The West Wing*, and her manic chatter as a blowsy woman in the indie film *The Way Way Back*.

Or enjoy the sly purr she employs as Bonnie, a wayward but good-hearted parent and grandparent who's trying to stay reformed in the new CBS sitcom *Mom* (9:30 EST Monday). Anna Faris co-stars

as her similarly imperfect daughter.

"It's acting," Janney said. "I feel like actors like to be challenged and play all different types of roles. For whatever reason, I've been given the opportunity to do so."

That reason, of course, is she is an enormously gifted and appealing performer with a range that's second to none. Her talent has been on display on Broadway, where she earned Tony nominations for 9 to 5 and *A View from the Bridge*, and

in movies including *American Beauty* and *Drop Dead Gorgeous*.

With *Mom*, Janney sees the best of both worlds, a combination of humour with "serious moments of love or disappointment or fear," not just what she calls the "joke-joke-joke-joke" barrage typical of many TV comedies.

She admits to nervousness at work, from the initial script reading to just before the taping begins. It's characteristic, she said, but also

stems from working for a TV comedy master, Chuck Lorre, whose hits include *The Big Bang Theory* and *Two and a Half Men*.

"It's scary to do a run-through for Chuck. I don't want to mess it up or miss a laugh," she said.

But Lorre, it seems, is putty in her hands.

"Allison is a writer's dream come true. She can literally do anything. And do it brilliantly," the writer-producer wrote in an email.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Crazy is as crazy does



STARGAZING
Malene Arpe
scene@metronews.ca

This week in pee: 1) Eminem says that the only way he could possibly top Kanye West's controversial BBC interview would be to pee on the floor. 2) Christian Bale reveals he told Ben Affleck to make sure his bat suit would allow him to "take a pee without anyone having to help him, because it's a little bit humiliating." 3) Andy Cohen says he made perfume from Lady Gaga's urine after she relieved herself in a bucket on the set of Watch What Happens Live. 4) I may, possibly, for sure, have wet myself when I heard Monty Python is planning a reunion.

Dakota Johnson, who will star in the movie, insists 50 Shades of Grey is "an incredible love story." She then describes One Direction's music as "something that will surely stand the test of time" and notes that Agents of S.H.I.E.L.D. is "the best new TV show in 20, nay 25, years."

This week in back together? 1) There are rumours Ryan Gosling and Rachel McAdams are



seeing each other again. 2) Former couple Taylor Swift and Harry Styles may be secretly dating. 3) Robert Pattinson and Kristen Stewart are reportedly sneaking around with each other. 4) There are whispers about Nina Dobrev and Ian Somerhalder having picked up where they left off. 5) It appears the celebrity dating pool has officially dried up. Very, very carefully consider what you do next, Katie Holmes.

Nicole Kidman says in a brand-new interview that winning the Oscar for The Hours showed her "the emptiness of her own life." Later she says that reading her own quote showed her "the inanity of things people will say in interviews."



Kate Winslet. ALL PHOTOS GETTY IMAGES

Family comes first, no matter how big Winslet's arse may get

Actress Kate Winslet, who turned 38 last month and is expecting her third child (her first with hubby Ned Rocknroll) says she doesn't care about losing the baby weight. Winslet's fluctuating weight has been a popular topic of discussion over the years, in an industry obsessed with super-skinny bodies.

Recently Winslet told Italian Vanity Fair: "Honestly, among my acquaintances there is no woman wearing XS. No, sorry, there is one: my daughter. The point is that Mia is 11 years old."

And as she told Time Out: "I don't want to spend time thinking about the size of my arse."

RESEARCH MATTERS

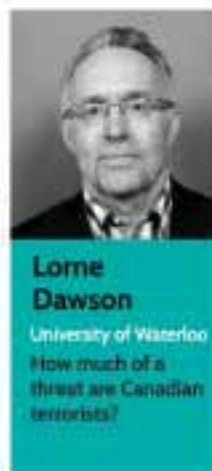
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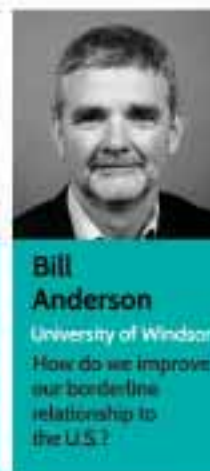
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journalist and broadcaster
Piya Chattopadhyay



Ana Sanchez
Brock University
Can we eradicate infectious diseases?



Lorne Dawson
University of Waterloo
How much of a threat are Canadian terrorists?



Bill Anderson
University of Windsor
How do we improve our borderline relationship to the U.S.?



Jody Culham
Western University
How does the brain control the body?



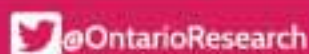
Stephen Perry
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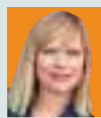
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Flu season

Faking it?



IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Here are guidelines to tell if a member of your family is really sick or faking.

•Child: Fortunately, most children are very bad actors/

liars. You know they're faking their illness if they: A) have a test at school that day B) clutch their stomach seconds after bounding down the stairs and punching a brother on the way C) are hovering suspiciously near a heating vent with a thermometer, or D) ask, "What happens if I feel better around four?" noting a hockey game on the schedule for later that day. A gentle reminder about their

negotiating position when it comes to extended curfews is recommended.

•Husband: Guys can be tricky. Some are entirely stoic about broken bones, huge bleeding wounds, and things that went snap, but the slightest snuffle can have them heading for the nearest couch wrapped in a Snuggie. The "man-flu" is well documented and needs no additional space here; we've all had the flu, it sucks,

get over yourself. You don't need to announce every little symptom and sigh every 10 minutes. Bottom line? Who cares if he's sick? He's an adult. Let him figure it out.

•Wife: Because she says so. EXCERPTED FROM KATHY BUCKWORTH'S **I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS**, PUBLISHED BY MCCLELLAND & STEWART, 2013, AND RECENTLY OPTIONED BY WARNER BROTHERS TELEVISION. KATHYBUCKWORTH.COM

Exclusively online

It's one of the biggest parenting challenges of the season: creating the perfect holiday greeting card. Check out this week's exclusive Metro content from Lyandra Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices.

Join the laughter on twitter @mommyreasons.

Tot-sized good and evil

Q&A. Researcher Paul Bloom seeks to answer whether babies are moral beings

Are we naturally good or naturally evil? Cognitive scientist Paul Bloom argues in a new book that we're both.

In *Just Babies: The Origins of Good and Evil* (Crown), the developmental psychologist and Yale professor takes on the nature of morality and vast research spanning evolutionary biology to philosophy, drawing on everyone from Sigmund Freud to Louis C.K.

His conclusion? Babies have the capacity for empathy and compassion, possess a limited understanding of justice and have the ability to judge. Yet they navigate not along colour lines but as Us versus Them, usually landing squarely in the Us camp.

What light do you shed on the "moral sense" of babies?

We're born with this extraordinary moral sense. A



sense of right and wrong just comes naturally to humans and shows up in the youngest babies we can study. But this morality is limited. I think tragically limited. So we are morally attuned to those around us, to our kin, to our friends, to those we interact with, and we are utterly cold-blooded toward strangers. To

some extent I think babies are natural-born bigots. They are strongly attuned to break the world into Us versus Them and have no moral feelings at all toward the Them, and this shows up all through development.

So in some way, although a lot of morality is inborn, I think the great success of



humans ... is expanding and transcending this inborn morality.

Where do serial killers come from?

Serial killers are very unusual people. ... We know that there's genetic differences in people's empathy, in people's compassion and how much they care about other people, in their ability to control violent rages, for example, and I'm sure a serial killer is somebody who has the genetic short end of

the stick. Then you toss in certain environments. Your typical serial killer had a very unhappy childhood.

You write about conflicts in research on racial bias in young children.

For kids there's a lot of evidence that they're very strongly biased on Us versus Them if you get them to do it on the basis of things like different coloured T-shirts, for example, but race and skin colour isn't an automatic way of dividing up the world. So you take a two- or three-year-old and typically a two- or three-year-old shows no signs of being racist in any way. When you get older, if kids are in an environment when blacks and whites interact and they're totally mellow with each other and there's not much conflict, they'll see black and white but it won't matter at all. If you're in an environment where it matters then it will matter. Children are extremely prone and very ready to divide the world into groups, but the groups that they focus on is determined through learning. **THE ASSOCIATED PRESS**

Use tough times as teachable moments



Julianne Harvey, centre, with her daughter Ava, 10, and son William, 7. JEFF MCINTOSH/ THE CANADIAN PRESS

When Julianne Harvey learned her first grader was being picked on last year, her initial instinct was to fix the problem.

But advice from her mother-in-law — who was a longtime elementary school teacher — gave the author and mother of two a fresh perspective.

"She told me: 'Your job is to teach him to stand up for himself. You're not always going to be there to manage things for him, so you need to give him those skills,'" Harvey

recalled.

Neuropsychologist Sam Goldstein, co-author of *Raising Resilient Children*, said individuals learn to deal with adversity by being given the opportunity in a supportive environment to try and learn from their mistakes.

"Resiliency is a process that enables you to function well in the face of adversity," he said from Salt Lake City. "The data's pretty clear that if parents would like their children to be more capable of managing stress, then we

have to stress-inoculate them — even from young ages."

Most of the time, children aren't taught resiliency unless they're going to be exposed to a stressful situation, noted David Wolfe, director of the CAMH Centre for Prevention Science in London, Ont.

"We're trying to teach them normal coping methods, and the confusion that comes about with parents — whether it's overblown or not — is: 'Somehow my kid's going to fail. They're not going to cope well; they're going

to collapse; they're going to have a disorder,'" said Wolfe, a psychologist and author specializing in issues affecting children and youth.

"A little bit of stress is good. This is an axiom that's been around for a long, long time," he added. "Without stress, a person doesn't learn to cope and they can't live on their own. They can't live independently. They expect everything to happen the way they want it. The balance is between too much stress and enough stress." **THE CANADIAN PRESS**

Feel the warmth with a bowl of Cauliflower Cheddar Soup

1. In pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until

Ingredients

- 9 cups (2.25 l) chopped cauliflower (about 2 lbs/1 kg)
- 2 stalks celery, diced
- 1 onion, chopped
- 3 potatoes, peeled and diced
- 2 tsp (10 ml) minced garlic
- Pepper
- 2 cups (500 ml) reduced-sodium vegetable or chicken broth
- 1 cup (250 ml) water
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- Ground nutmeg
- 1-1/2 cups (375 ml) shredded Canadian Cheddar cheese, divided
- 1/4 tsp (1 ml) salt (approx.)



This recipe serves six to eight. MILKCALENDAR.CA

vegetables are soft.

2. Whisk flour into milk; pour into pot with nutmeg to taste. Cook, stirring, 3 mins. or until slightly thickened. Remove from heat.

3. Using immersion blender

or transferring in batches to an upright blender, purée until smooth.

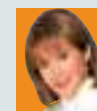
4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup (250 ml)

of the cheese until melted. Season with pepper and up to 1/4 tsp (1 ml) salt. Ladle into warm bowls and sprinkle with remaining cheese.

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Taco Del Mar Pork Quesadilla with cheese and tomatoes

720 calories / 35 g fat
Enjoy pork in a quesadilla instead. They're perfect for an appetizer to split or as a single meal.

There's potatoes then there's Melted Leek Mashed Potatoes

Like onions, leeks develop a rich, savoury flavour when

cooked slowly. And when cooked this way, they make an

excellent addition to a creamy mound of mashed potatoes.

Rather than caramelize the leeks, which requires a bit more hands on cooking, you simply melt them. It's actually a braise, but the result is meltingly good. And braising requires only an occasional stir. The leeks are thinly sliced, then simmered in broth or stock until extremely tender, then the whole mixture

is stirred into the potatoes.

1. Place the potatoes in a large stockpot. Add enough water to cover by 1 inch. Set over high heat and bring to a boil. Cook until tender, about 20 minutes.

2. While the potatoes cook, prepare the leeks. In a large skillet over medium-high heat, melt the butter. Add the leeks



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

and broth and cover. Bring to a simmer, then reduce heat to maintain the temperature and cook, stirring occasionally, until the leeks are extremely tender, about 30 minutes.

3. When the potatoes are

cooked, drain and return to the pot. Add the half-and-half, then mash until smooth. Season with salt, then stir in the melted leeks — along with any liquid in the pan — and the chives.

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'Round the world wisdom

Pop your bubble and learn to thrive

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

We are frequently struck with an idea that takes us out of our comfort zone, yet rarely do we throw caution to the wind and sail towards opportunity.

Encountering hardships in 2008, I sought out a positive challenge that would stand to counter my struggles. Running the Gobi Desert seemed like the



Take a walk on life's uneasier side every so often. iStock

perfect challenge: "If I can run the desert, I can handle anything," I told myself.

I trained hard to reinvent myself as a runner, and from a standing start, within five short months I found myself in the Gobi Desert, lacing up my running shoes for a six day race.

At 7 a.m. we took to the startling line. I was terrified. Five hours later, I had finished my first marathon ever. I then did the same, on days two, three and four. On the fifth day I ran 85 km (two marathons), a distance I never imagined walking let alone running.

Every part of the journey was foreign to me. Whenever I stopped to ponder

the enormity of the task at hand, I thought, "Wow, I am way outside of my comfort zone, and yet, I'm still here!"

Unexpectedly, I crossed the finish line first in the 40 to 50 age group. I returned with the sincere belief that I could handle the recession, and anything else life threw my way. In fact, before the six-day run, a recession was an event to try to survive. The desert showed me it is possible to thrive. Only by stepping out of our comfort zone can we expand it and ultimately realize what we are truly capable of.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Between meetings at two and achoo!



If you feel sick, do your co-workers a solid and stay home. iStock

On-the-job germs. Grumpy tummies and gesundheits are an office inevitability at this time of year, but staying prudent about your health can help both you and your co-workers

JULIA FURLAN
Metro World News

You can hear it in the chorus of sneezes coming from the cubicle next door: the winter colds are in full Kleenex-piled swing. We asked Kelly Arehart — who manages the Healthy Workplace project, where she analyzes and advises offices all over the world on how to keep germs at bay — how to survive the season.

vive the season.

Arehart likes to start with the basics: no matter how much you play the blame game with friends and family "cold and flu are not discriminatory. Anybody can pick it up throughout their day."

Getting sick is as simple as touching an elevator button or a door handle — things you have to do, you know, to enter your office — so the key is to make sure you have a system in place. Arehart suggests making hand-washing part of the arrival routine, before you even get to your desk.

Oh, and speaking of that petri dish of bacteria you like to call a desk: According to Arehart, desks are commonly overlooked, but they are party central for germs. "They understand they should wash hands (or use sanitizer if they can't)

but they miss that surfaces are a risk, a hot spot," she says.

Colds and flus spread easily in offices, subway cars and classrooms because people are sharing space. Part of sharing that space is knowing when you would do better to take the day off and stay home, the CDC guidelines (and Arehart) advise. In a recent survey conducted by Kimberly Clark, they found that 59 per cent of people went to work sick, and three out of 10 of them felt they are too important to their work to not be there.

But overall, one of the easiest ways to fight the sniffles — especially with the planes, trains and automobiles of the holiday season — is to keep your grimy hands away from your gorgeous face.

Getting sick can start with that one little rub of an eye or a nose.

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Bless you!

Tips for staying healthy at work during the holidays:

- Wash your hands.
- Keep some surface wipes and hand sanitizer handy and use it to wipe down your work space as well as keep your hands germ-free.
- Try to keep your hands away from your face.
- Wash your hands. Yep, broken record here.

Local sports wrap-up

Lightning and Knights score wins

It was a good weekend for London sports teams as both the Lightning and the Knights added markers in their respective win columns.

The Lightning improved their record to 6-2 with a close 97-93 win over the Windsor Express in Windsor on Saturday night.

The game saw Windsor in the lead with play heading into the fourth. With 30 seconds left in the game Jason Forte gave London a 93-91 lead that the team was able to hang to through the end of the game.

The Lightning's game on Sunday versus the Ottawa SkyHawks had to be rescheduled as result of the snow that hit the city over the weekend.

The Knights played host to the Erie Otters Friday night and marked the return of Nikita Zadorov from the Buffalo Sabres where the six-foot-five defender had played seven games.

For the second time this season, the Knights soundly halted an Otters winning streak handing them a 4-1 loss.

Anthony Stolarz had a solid performance in net stopping 38 of 39 shots he faced. Goals came from Max Domi, Brady Austin, Bo Horvat and Chris Tierney.

In their second game of the weekend the Knights took on the Windsor Spitfires at Budweiser Gardens defeating them 4-0. Stolarz posted the shutout to improve his record to 14-2-1 with a .927 save percentage.

Goals from Domi, Mitchell Marner, Tierney and Horvat sealed the deal.

The Knights visit the Niagara IceDogs on Thursday.

MARK SPOWART/FOR METRO



Roughriders quarterback Darian Durant evades Tiger-Cats defensive lineman Torrey Davis during the Grey Cup on Sunday night at Mosaic Stadium in Regina. LIAM RICHARDS/THE CANADIAN PRESS

Roughriders set off party on the Prairies

CFL Playoffs. Record-setting performance by Sheets leads Riders to championship victory

MVP Kory Sheets ran for a record 197 yards and two TDs to power the Saskatchewan Roughriders to a 45-23 win over the Hamilton Tiger-Cats in the 101st Grey Cup game Sunday night in Regina.

Sheets delighted the raucous partisan Riders sellout gathering of 44,710 by smashing the previous mark of 169 yards, set in 1956 by Edmonton's Johnny Bright. Sheets

Grey Cup

45

Roughriders

23

Tiger-Cats

was especially impressive in the first half, running for 128 yards and a TD in leading Saskatchewan to a commanding 31-6 halftime advantage.

Saskatchewan slotback Chris Getzlaf was the game's top Canadian.

Quarterback Henry Burris, who rallied Hamilton from a 24-10 deficit to beat Toronto 36-24 in the East final, pulled Hamilton to within 31-16 early in the third on his 18-yard TD run and a drive that Luca Congi capped with a 33-yard

field goal early in the fourth. But Sheets cemented the win with a five-yard touchdown with just over five minutes remaining.

Weather was a consideration but not because of the frigid temperatures that gripped the city last week. At kickoff, it was 1 C and had only dropped to -2 C at the end of the game.

The biggest obstacle was the brisk northwest breeze that gusted between 30 and 50 km/h throughout.

THE CANADIAN PRESS

Lions can't avoid turnovers in loss to Bucs



Buccaneers Kelcie McGray, right, and Johnthan Banks defend a pass intended for the Lions' Calvin Johnson on Sunday in Detroit. LEON HALIP/GETTY IMAGES

Even by Detroit's exasperating standards, this loss was befuddling.

Matthew Stafford threw four interceptions — the last of which slipped in and out of Calvin Johnson's grasp near the Tampa Bay five-yard line — and the Lions lost to the Buccaneers 24-21 on Sunday. Detroit turned the ball over five times and failed to take advantage of a Tampa Bay defence that lost star cornerback Darrelle Revis to a groin injury in the middle of the game.

"I don't think our team by any means took them lightly," Detroit defensive lineman Ndamukong Suh said. "I just feel like we made too many mistakes to obviously win the game. We got what we deserved."

Detroit (6-5) remains tied with Chicago atop the NFC North, with third-place Green Bay (5-5-1) visiting the Lions on Thursday. The Bears also lost Sunday, and the Packers tied Minnesota. So Detroit still controls its future, but the Lions have squandered

a chance to pull away from the Bears and Packers. The Lions were in sole possession of first place after a win at Chicago on Nov. 10, but since then, they've lost two in a row to teams with losing records.

"It's going to be a five-game season," coach Jim Schwartz said.

Stafford had one interception run back for a touchdown, and the other three were picked off inside the Tampa Bay 20-yard line.

THE ASSOCIATED PRESS



Maple Leafs goalie James Reimer sits in first place in NHL save percentage (.947) after Saturday night's 2-1 shootout win over the Washington Capitals. BRUCE BENNETT/GETTY IMAGES

NHL. Sabres as smelly as ever against Red Wings

Jonas Gustavsson made 21 saves, including a stop on Steve Ott's penalty shot, and the Detroit Red Wings sent the Buffalo Sabres to their fourth straight loss, 3-1 on Sunday.

Johan Franzén, Daniel Alfredsson and Darren Helm scored for the Red Wings. Henrik Zetterberg had an assist for his 700th career point.

Cody Hodgson scored Buffalo's only goal. The Sabres are winless since a win in interim coach Ted Nolan's first game on Nov. 15. **THE ASSOCIATED PRESS**



Daniel Alfredsson scored his third goal as a Red Wing on Sunday. GETTY IMAGES

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NBA

Bulls' Rose out with another knee injury

Derrick Rose will have surgery on his right knee Monday, and the Chicago Bulls don't yet know how long they'll be without their star guard this time. Rose has a medial meniscus tear, which is typically less serious than a lateral tear. **THE ASSOCIATED PRESS**

Formula One

Vettel's win streak reaches nine

Sebastian Vettel won Formula One's season-ending Brazilian Grand Prix on Sunday, matching Michael Schumacher's record of 13 victories in a year and equaling the nine consecutive wins of Alberto Ascari. **THE ASSOCIATED PRESS**



Sebastian Vettel GETTY IMAGES

Leafs' Reimer rising in NHL goalie ranks with hot play

NHL. After latest stellar performance versus Capitals, Toronto backstop grabs lead league in save percentage

James Reimer entered a spotlight this season — one that was unprecedented in his career — over the suggested goalie battle with Jonathan Bernier, and the pre-season expectation that Bernier was brought here to unseat him as

the No. 1 goalie.

The air went out of that tire long ago, but Reimer finds himself in a new spotlight: He may be the best goalie going in the NHL at the moment.

The NHL stats page Sunday suggested Reimer at least be considered in that kind of company: After facing a career-high 50 shots in Toronto's 2-1 shootout win over Washington Saturday, Reimer vaulted into the league lead with a .947 save percentage. That put him ahead of former goalie partner Ben Scrivens (.946) and one-time Leaf Tuukka Rask (.945).

So, what's next for Reimer? A possible seat on the bench when the Leafs host Columbus Monday? Bernier has the better numbers and more familiarity with the Blue Jackets.

The Leafs are entering a busy schedule over the next week. They are also entering a month of December where they'll be tested almost nightly by most of the top-shelf teams in the Western Conference.

Reimer has enough experience now to understand how to manage himself physically and mentally.

"Rest is a weapon," said Reimer, who now has three 49-save performances in his career.

"You've got to take it when you can.... When tomorrow comes, you forget about this one and start preparing for the next one." **TORSTAR NEWS SERVICE**

At (or around) the top of his game

"As far as stats ... maybe it is the best ... MAYBE."

James Reimer when asked if he's playing the best hockey of his career. The Leafs goalie said his play against the Boston Bruins in last spring's playoffs is also amongst his best work in net.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	23	15	6	2	64	43	32
Toronto	23	14	8	1	66	54	29
Tampa Bay	23	14	8	1	67	61	29
Detroit	25	11	7	7	63	70	29
Montreal	24	13	9	2	64	51	28
Ottawa	24	9	11	4	68	77	22
Florida	24	6	13	5	53	80	17
Buffalo	25	5	19	1	44	79	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	24	15	9	0	69	54	30
Washington	24	12	10	2	72	68	26
NY Rangers	23	12	11	0	48	54	24
New Jersey	23	9	9	5	49	55	23
Carolina	24	9	10	5	49	67	23
Philadelphia	22	10	10	2	49	53	22
Columbus	23	8	12	3	56	71	19
NY Islanders	24	8	13	3	68	82	19

Sunday's results

Carolina 4 Ottawa 1

Detroit 3 Buffalo 1

Saturday's results

Boston 3 Carolina 2 (OT)

Minnesota 3 Winnipeg 2 (SO)

Montreal 3 Pittsburgh 2

Toronto 2 Washington 1 (SO)

Ottawa 4 Detroit 2

Philadelphia 5 NY Islanders 2

NY Rangers 2 Nashville 0

St. Louis 6 Dallas 1

Anaheim 4 Phoenix 2

Chicago 2 Vancouver 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	16	4	4	87	70	36
St. Louis	22	16	3	3	79	50	35
Colorado	22	17	5	0	69	45	34
Minnesota	24	15	5	4	64	55	34
Dallas	22	11	9	2	61	65	24
Nashville	23	11	10	2	52	67	24
Winnipeg	25	10	11	4	66	75	24

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	26	17	6	3	80	65	37
San Jose	23	15	3	5	79	52	35
Los Angeles	24	15	6	3	64	51	33
Phoenix	23	14	5	4	78	74	32
Vancouver	25	12	9	4	65	65	28
Calgary	23	8	11	4	64	84	20
Edmonton	24	7	15	2	64	84	16

Note: Two points for a win, one point for overtime loss.

San Jose 2 New Jersey 1

Colorado 1 Los Angeles 0 (OT)

Monday's games — All Times Eastern

Winnipeg at New Jersey, 7 p.m.

Pittsburgh at Boston, 7 p.m.

Columbus at Toronto, 7 p.m.

Philadelphia at Florida, 7:30 p.m.

NY Rangers at Tampa Bay, 7:30 p.m.

Phoenix at Nashville, 8 p.m.

Minnesota at St. Louis, 8 p.m.

Chicago at Edmonton, 9:30 p.m.

Los Angeles at Vancouver, 10 p.m.

Tuesday's game

Anaheim at Dallas, 8 p.m.

NFL

WEEK 12

Sunday's results

Carolina 20 Miami 16

Baltimore 19 N.Y. Jets 3

Tampa Bay 24 Detroit 21

St. Louis 42 Chicago 21

Pittsburgh 27 Cleveland 11

Jacksonville 13 Houston 6

San Diego 41 Kansas City 38

Green Bay 26 Minnesota 26

Arizona 40 Indianapolis 11

Tennessee 23 Oakland 19

Dallas 24 N.Y. Giants 21

Denver at New England

Monday's game — All Times Eastern

San Francisco at Washington, 8:40 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

EASTERN CONFERENCE

Saturday's result

Sporting KC 2 Houston 1

(Sporting KC advances 2-1 on aggregate)

WESTERN CONFERENCE

Sunday's result

Real Salt Lake at Portland

(Real Salt Lake leads 4-2 on aggregate)

MLS CUP

Saturday, Dec. 7

Sporting KC vs. Real Salt Lake-Portland

winner, 4 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	12	1	.923	—
Miami	10	3	.769	2
Atlanta	8	6	.571	4 1/2
Toronto	6	7	.462	6
Chicago	6	6	.500	5 1/2
Charlotte	7	7	.500	5 1/2
Philadelphia	6	9	.400	7
Detroit	5	8	.385	7
Washington	5	8	.385	7
Boston	5	10	.333	8
Orlando	4	9	.308	8
Cleveland	4	10	.286	8 1/2
New York	3	9	.250	8 1/2
Brooklyn	3	10	.231	9
Milwaukee	2	10	.167	9 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	12	1	.923	—
Portland	12	2	.857	1/2
Oklahoma City	8	3	.727	3
L.A. Clippers	10	5	.667	3
Houston	9	5	.643	3 1/2
Dallas	9	5	.643	3 1/2
Golden State	8	6	.571	4 1/2
Memphis	7	6	.538	5
Phoenix	7	6	.538	5
Minnesota	8	7	.533	5
Denver	6	6	.500	5 1/2
New Orleans	6	6	.500	5 1/2
L.A. Lakers	6	7	.462	6
Sacramento	4	8	.333	7 1/2
Utah	1	13	.071	11 1/2

Sunday's results

Detroit 109 Brooklyn 97

L.A. Clippers 121 Chicago 82

Phoenix 104 Orlando 96

Utah at Oklahoma City

Sacramento at L.A. Lakers

Monday's games — All Times Eastern

Minnesota at Indiana, 7 p.m.

Boston at Charlotte, 7 p.m.

Phoenix at Miami, 7:30 p.m.

Milwaukee at Detroit, 7:30 p.m.

Houston at Memphis, 8 p.m.

Denver at Dallas, 8:30 p.m.

New Orleans at San Antonio, 8:30 p.m.

Chicago at Utah, 9 p.m.

New York at Portland, 10 p.m.

CFL PLAYOFFS

101st GREY CUP

At Regina, Sask.

Sunday's result

Hamilton at Saskatchewan

Horoscopes

Aries

March 21 - April 20
Even an Aries has to take orders from some people and one such individual will demand you show them the respect they think they deserve. Let them have it.

Taurus

April 21 - May 21
Your ideas and opinions will change radically over the next few days — which is not like you at all. It won't worry you, but some people may be concerned you are acting out of character.

Gemini

May 22 - June 21
You seem strangely dissatisfied at the moment and can't quite put your finger on why that is. As the Sun moves deeper into your opposite sign partners and loved ones will help you find out.

Cancer

June 22 - July 23
Act first and worry about the consequences later. Better still, don't worry about the consequences at all. Be ready and willing to take a few risks over the next seven days.

Leo

July 24 - Aug. 23
How you start the week will determine what sort of week you are going to have. If someone tries to pile lots of work on you, just say no.

Virgo

Aug. 24 - Sept. 23
Creative matters will become more important to you as the week progresses, but today, focus on getting domestic affairs in order. What can you do to reassure loved ones that their needs are your number one concern?

Libra

Sept. 24 - Oct. 23
You don't need to make excuses if you want to be by yourself. Others may think you are being anti-social, and maybe you are, but so what?

Scorpio

Oct. 24 - Nov. 22
Keep travel plans to a minimum over the next 24 hours because there could be hold-ups and setbacks which get you frustrated.

Sagittarius

Nov. 23 - Dec. 21
You will get the opportunity to go back and set something right, and if you are smart you will seize it with both hands. If you don't it will continue to prey on your mind and hold you back.

Capricorn

Dec. 22 - Jan. 20
You may not want to cause offense, either at home or at work, but you must speak your mind today, no matter what the effects may be. Let others know you have strong principles and opinions.

Aquarius

Jan. 21 - Feb. 19
For one reason or another you find it hard to get along with certain people and you must not try to force yourself to work with them. There is more than enough space to do your own thing.

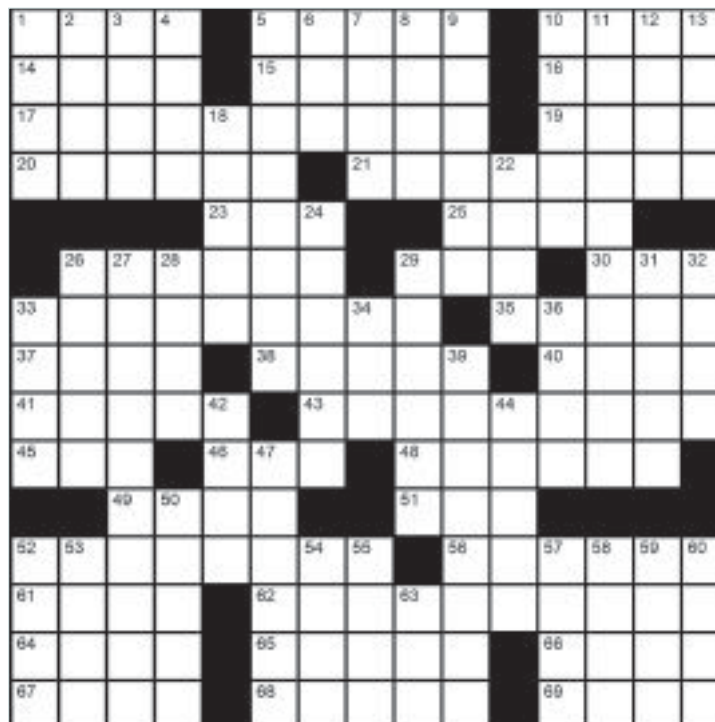
Pisces

Feb. 20 - March 20
The more others try to tie you down the more likely it is you will strive to break free. Especially at work, you just can't see the point of hammering away at the same problems. Do something different this week. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Miley Cyrus' momager
5. Russian refusals
10. Way off
14. Currency exchange fee
15. Denmark's Islands
16. Cautious
17. Exercise for some pet owners: 2 wds.
19. Aboard the ship
20. Within reach: 2 wds.
21. I'll Be Loving You by The ___ & BBQ Show (Montreal duo whose music the late great Lou Reed admired)
23. Fast food chain: letter + symbol + letter
25. Dedicated to the ___ Love by The Shirelles
26. Ms. Copps
29. Cape Town's home [acronym]
30. 'Electr' ender
33. Medieval killer: 2 wds.
35. Receded
37. L.A.'s state
38. Canadian skating great/choreographer, Sandra ___
40. Nero's 2051
41. Amadeus (1984) star Tom
43. Hit for rapper Gerardo: 2 wds.
45. Card game



46. Author Mr. Lawrence, et al.
48. Surface
49. Bargain
51. Nature's coat
52. Company chatter: 2 wds.
56. Cone-shaped dwelling
61. Holly ___ Trio

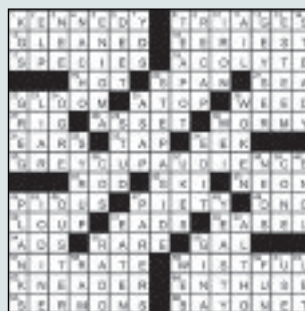
62. Join in Klondike fun: 3 wds.
64. Competent
65. Phoney well-wishery
66. ___ Want by Irish band Kodaline
67. Yo-Yos
68. Advice columnist Ann Landers aka ___

- Lederer
 69. Requires directions
- Down**
1. "All done!"
 2. Jazz classic: ___ Rhythm
 3. Wistful utterance
 4. This is ___ Heart

- Breaks by Rob Thomas
5. East Coast region: abbr. + symbol + abbr.
6. Yakety ___ by The Coasters
7. Mr. Estrada
8. Ms. Braxton
9. Repetition marks,

- in music
10. Conscious
11. Vogue, e.g.: 2 wds.
12. Locale
13. Mr. Seacrest
18. Hammer ___ in
22. Eat at
24. Bets
26. '70s idol, Mr. Cassidy
27. Broadway musical: 2 wds.
28. Larger-than-life
29. Applied a cold pack again
31. Check out, ___ into
32. Ms. Falco
33. Songbook standard: Ac-Cent-___-Ate the Positive
34. Submachine gun variety
36. Russia/China border river
39. Disco hit for Canadian singer France Joli: 3 wds.
42. Coup d'___
44. Waste place
47. Pass
50. Blades
52. "Vamoose!"
53. Freight train rider
54. Desk light
55. Start to 'sack'
57. Equal, in Paris
58. On-a-horse sport
59. Building wings
60. Change
63. ___-End? by Brit singer Kate Nash

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	3	1	8	2	6	9	5	7
2	9	7	5	1	4	8	6	3
5	6	8	3	7	9	1	2	4
7	5	9	4	6	2	3	8	1
3	8	4	9	5	1	6	7	2
6	1	2	7	8	3	5	4	9
9	2	3	6	4	8	7	1	5
1	7	6	2	9	5	4	3	8
8	4	5	1	3	7	2	9	6

	6		7	8				
	5		2				3	8
		3	6			7		
						5	7	6
5				2				3
4	7	1						
		9			2	4		
3	4				6		8	
				9	8		1	

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-2°/-3°

Flurries

40%

Tuesday

0°/-5°

Flurries

40%

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